

MUSCLE

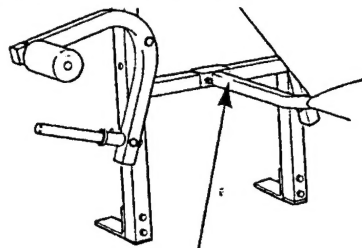
1382

WEIDER®

Model No. WEBE13820

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

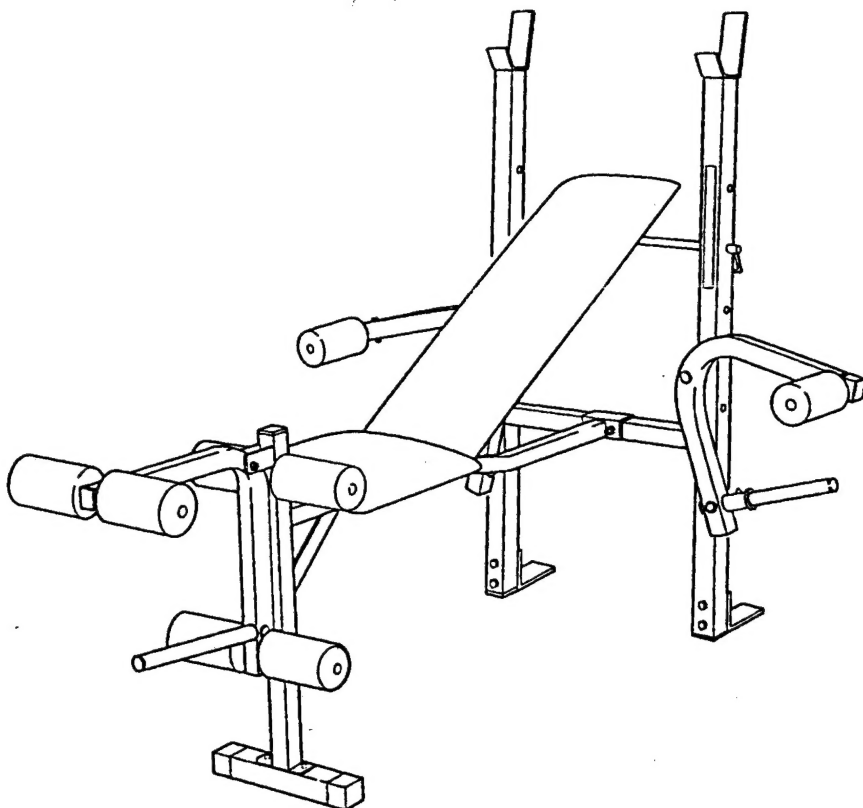
CUSTOMER HOT LINE:

1-800-225-0653

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



USER'S MANUAL

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
PART IDENTIFICATION CHART	4
ASSEMBLY	5
ADJUSTING THE WEIGHT BENCH	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
7. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
8. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
10. Do not use a barbell longer than five feet with the weight bench.
11. The weight bench does not include weights. The weight bench is designed to support a maximum of 300 pounds, including the user, a weight bar and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests. Do not place more than 125 pounds on the leg lever. Do not place more than 30 pounds on each arm.
12. When using the backrest in the level position or in an inclined position, make sure that the support rod is inserted completely through both sides of the "H"-frame, and that the support rod is turned to the locked position.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
14. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

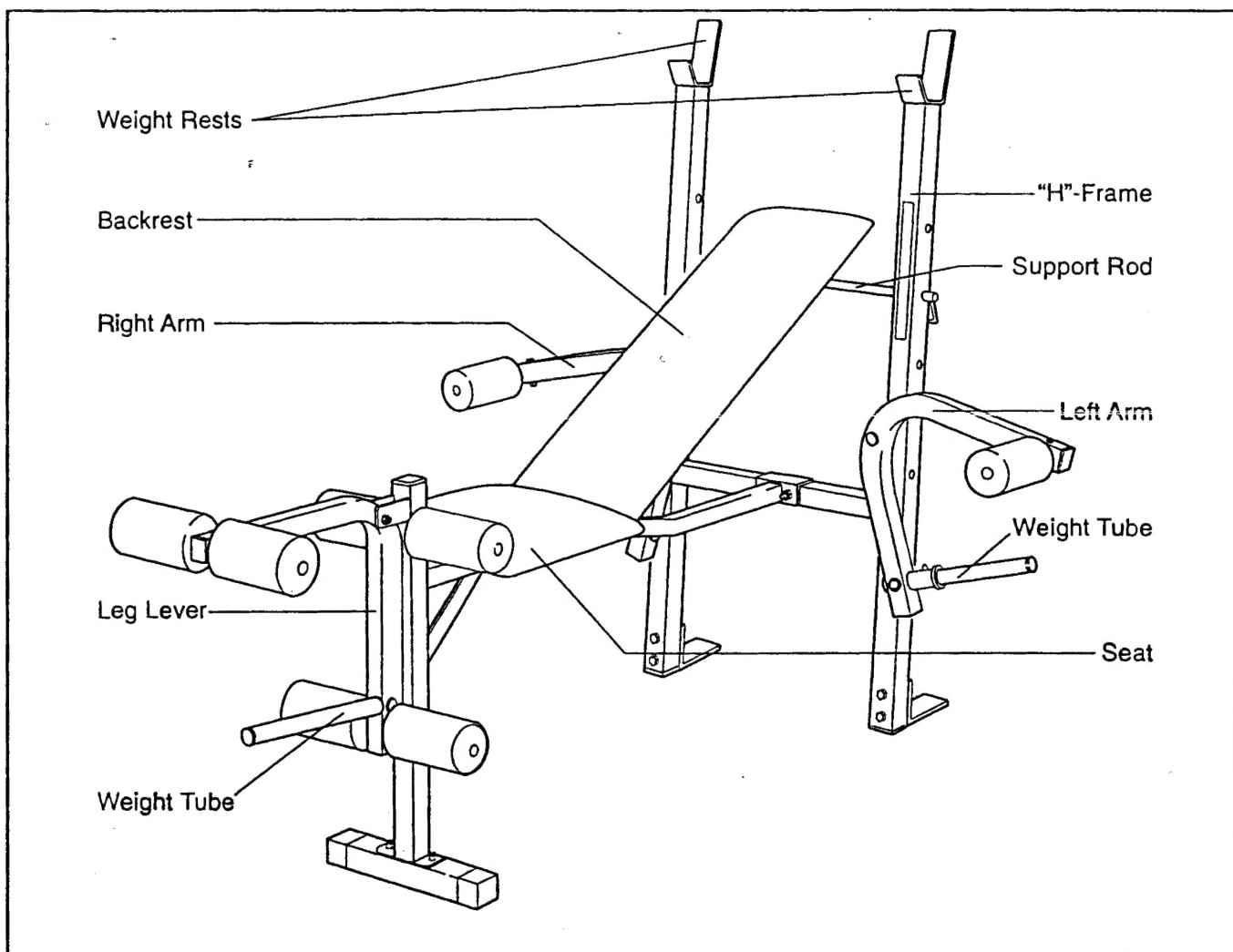
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® MUSCLE 1382 Weight Bench. The versatile MUSCLE 1382 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the MUSCLE 1382 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® MUSCLE 1382 Weight Bench. If you have additional questions, please call our

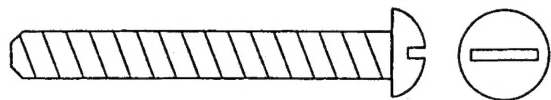
Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE13820. The serial number can be found on a decal attached to the MUSCLE 1382 Weight Bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

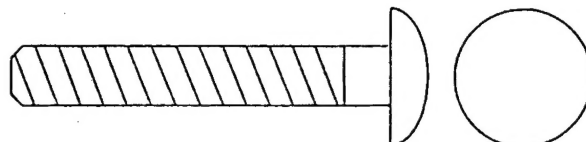


PART IDENTIFICATION CHART

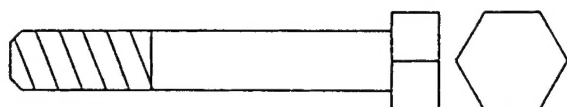
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.



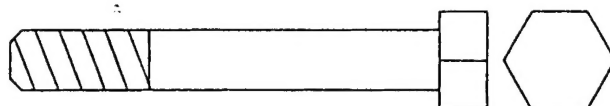
1/4" x 2" Screw (33)-4



5/16" x 2" Carriage Bolt (27)-2



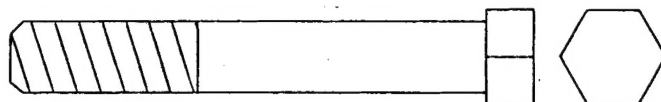
5/16" x 2" Bolt (15)-1



5/16" x 2 1/4" Bolt (22)-2



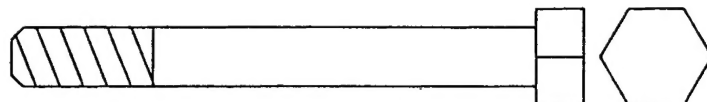
1/4" x 1/2" Screw (13)-6



3/8" x 2 1/2" Bolt (14)-1



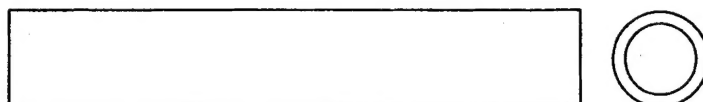
3/8" Nylon Locknut (18)-1



5/16" x 2 3/4" Bolt (16)-4



5/16" Nylon Locknut (19)-12



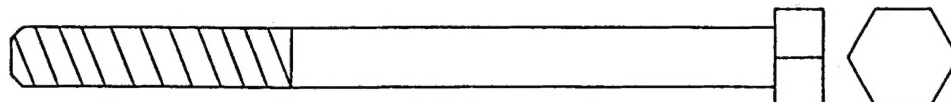
1/2" x 3" Plastic Spacer (36)-2



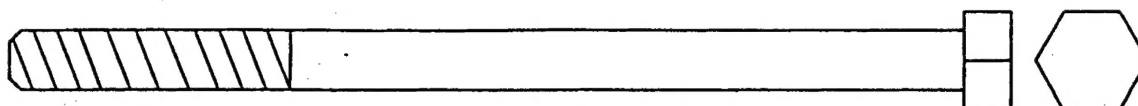
1/4" Nylon Locknut (28)-4



1/2" x 7/8" Metal Spacer (25)-2



5/16" x 4" Bolt (17)-1



5/16" x 5" Bolt (32)-2

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the MUSCLE 1382 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** on the previous page. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless

instructed to do otherwise.

- As you assemble the MUSCLE 1382, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

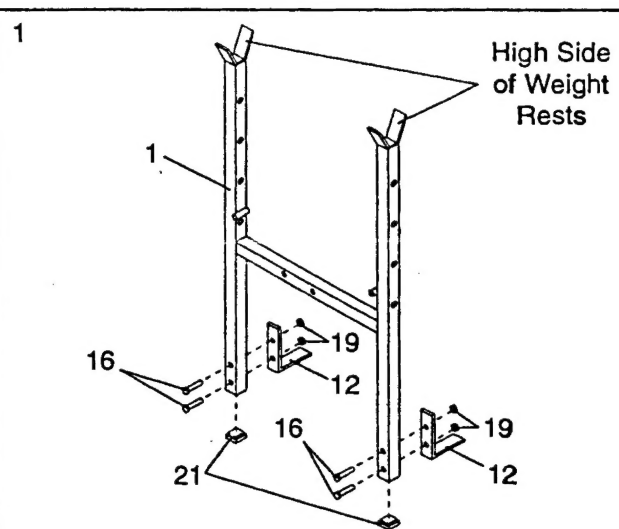
- Two (2) adjustable wrenches
- One (1) standard screwdriver
- One (1) rubber mallet
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or

1. Before assembling this product, be sure that you have read and understand the information in the box above.

Tap the two 2" Square Inner Caps (21) into the "H"-Frame (1).

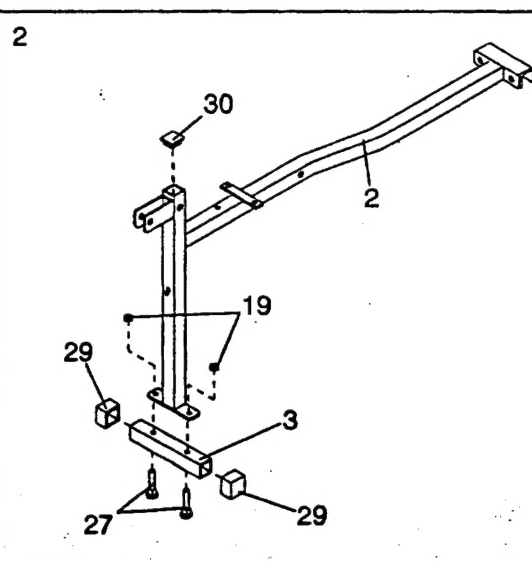
Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated. Attach each "L"-Bracket (12) to the indicated side "H"-Frame with two 5/16" x 2 3/4" Bolts (16) and two 5/16" Nylon Locknuts (19).



2. Tap a 1 1/2" Square Inner Cap (30) into the Frame (2).

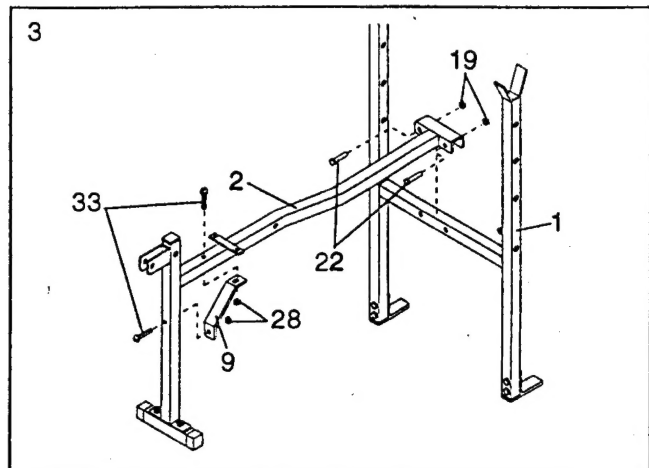
Tap a 1 1/2" Square Outer Cap (29) onto each end of the Stabilizer (3).

Attach the Stabilizer (3) to the Frame (2) with the two 5/16" x 2" Carriage Bolts (27) and two 5/16" Nylon Locknuts (19).



3. Be sure that the "H"-Frame (1) is oriented as shown. Attach the Frame (2) to the "H"-Frame (1) with the two 5/16" x 2 1/4" Bolts (22) and two 5/16" Nylon Locknuts (19).

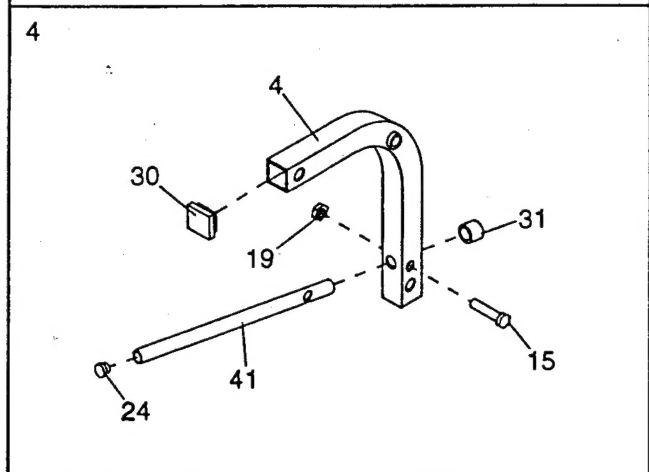
Attach the Angle Bracket (9) to the Frame (2) with two 1/4" x 2" Screws (33) and two 1/4" Nylon Locknuts (28).



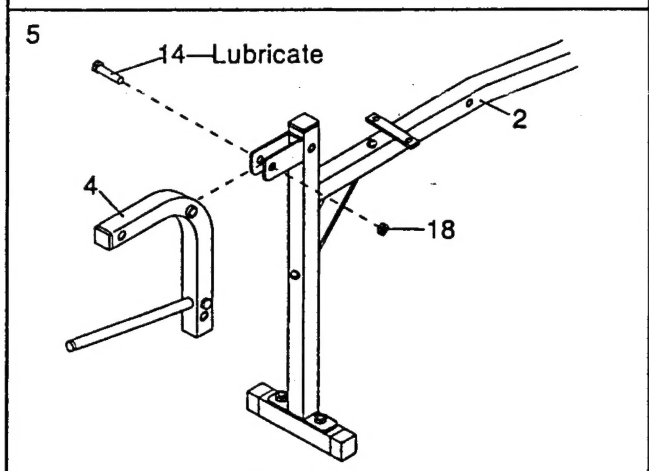
4. Tap a 1 1/2" Square Inner Cap (30) into the indicated end of the Leg Lever (4).

Attach the 13 3/4" Weight Tube (41) to the Leg Lever (4) with the 5/16" x 2" Bolt (15) and a 5/16" Nylon Locknut (19) as shown.

Tap a 1" Round Inner Cap (24) into the indicated end of the 13 3/4" Weight Tube (41). Tap the 1" Angled Round Cap (31) onto the other end of the Weight Tube.



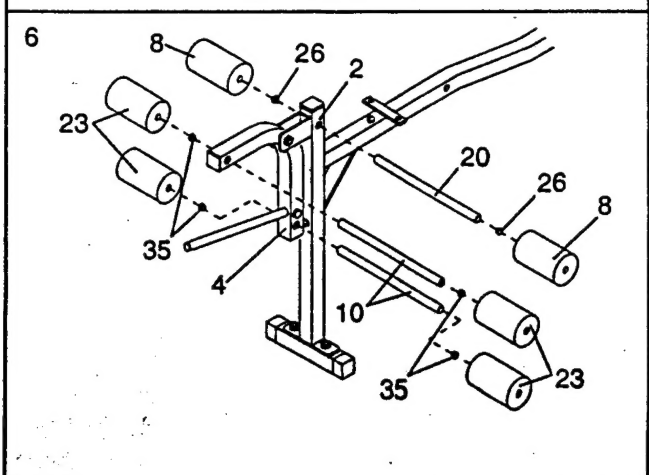
5. Lubricate the 3/8" x 2 1/2" Bolt (14). Attach the Leg Lever (4) to the Frame (2) with the Bolt and the 3/8" Nylon Locknut (18).



6. Tap a 3/4" Round Inner Cap (26) into each end of the 13 1/2" Pad Tube (20). Tap two 7/8" Round Inner Caps (35) into each 11 1/2" Pad Tube (10).

Insert the 13 1/4" Pad Tube (20) through the indicated hole in the Frame (2). Insert the 11 1/2" Pad Tubes (10) through the holes in the Leg Lever (4).

Slide a 6" Foam Pad (8) onto each end of the 13 1/2" Pad Tube (20). Slide two 5" Foam Pads (23) onto each 11 1/2" Pad Tube (10).

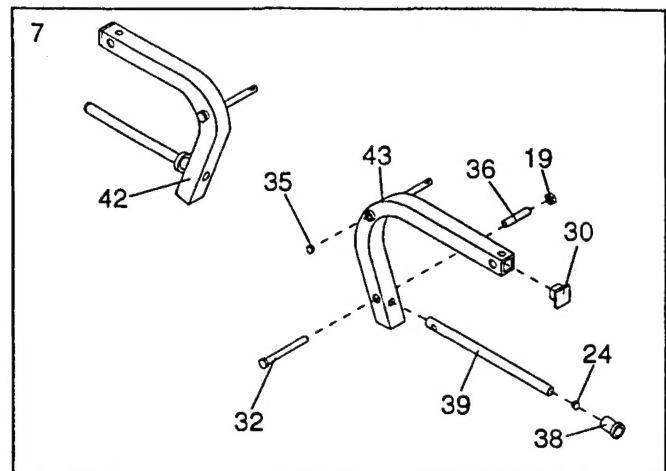


7. Tap a 1 1/2" Square Inner Cap (30) into the indicated end of the Left Arm (43). Tap a 7/8" Round Inner Cap (35) into the indicated hole in the Left Arm.

Attach an 11" Weight Tube (39) to the Left Arm (43) with a 5/16" x 5" Bolt (32), a 1/2" x 3" Plastic Spacer (36) and a 5/16" Nylon Locknut (19).

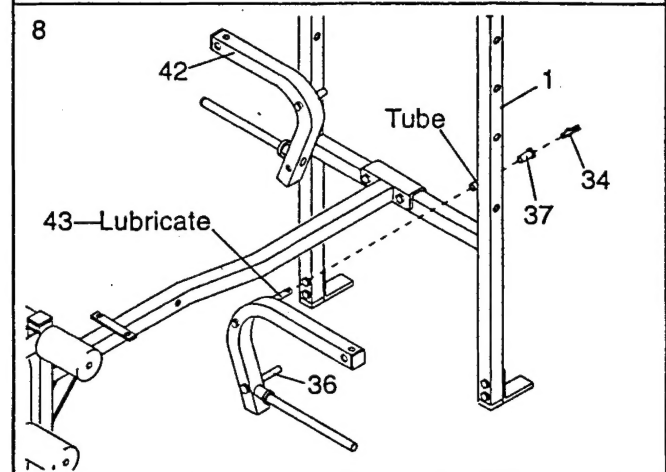
Tap a 1" Round Inner Cap (24) into the indicated end of the 11" Weight Tube (39). Slide a Weight Stop (38) onto the Weight Tube.

Assemble the Right Arm (42) in the same manner.



8. Tap a Flanged Plastic Sleeve (37) into the tube on the indicated side of the "H"-Frame (1). Lubricate the axle on the Left Arm (43). Insert the axle through the tube and the Flanged Plastic Sleeve. Make sure that the 1/2" x 3" Plastic Spacer (36) is resting against the outside of the "H"-Frame (1). Insert a Spring Clip (34) into the axle. Make sure that the Spring Clip snaps into the hole near the end of the axle.

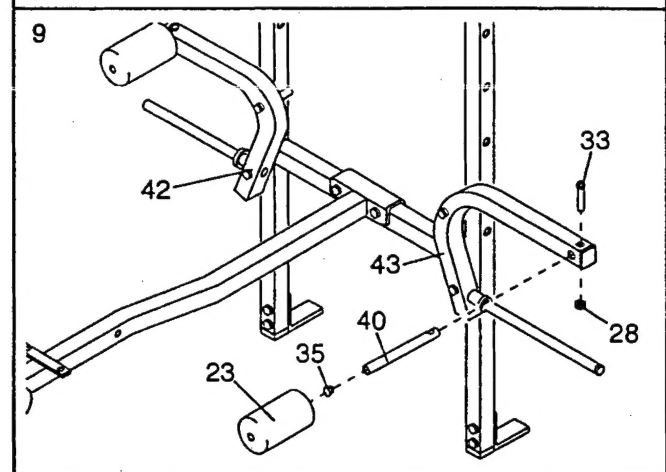
Attach the Right Arm (42) in the same manner.



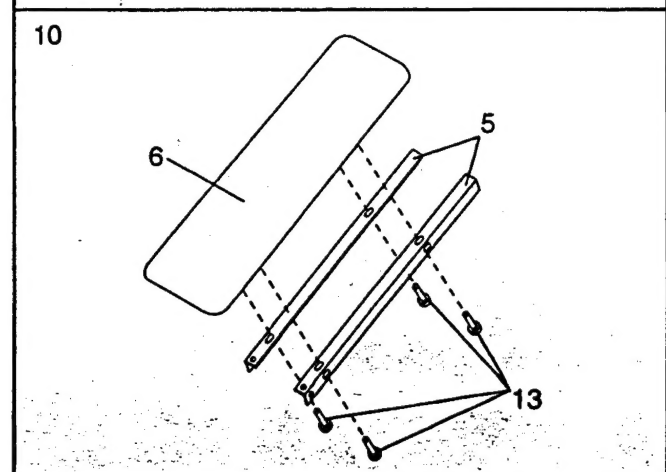
9. Attach a 9" Pad Tube (40) to the Left Arm (43) with a 1/4" x 2" Screw (33) and a 1/4" Nylon Locknut (28). Tap a 7/8" Round Inner Cap (35) into the indicated end of the 9" Pad Tube (40).

Slide a 5" Foam Pad (23) onto the Pad Tube.

Assemble the Right Arm (42) in the same manner.



10. Attach the two Backrest Brackets (5) to the Backrest (6) with four 1/4" x 1/2" Screws (13). Make sure that the Backrest Brackets and the Backrest are oriented as shown.

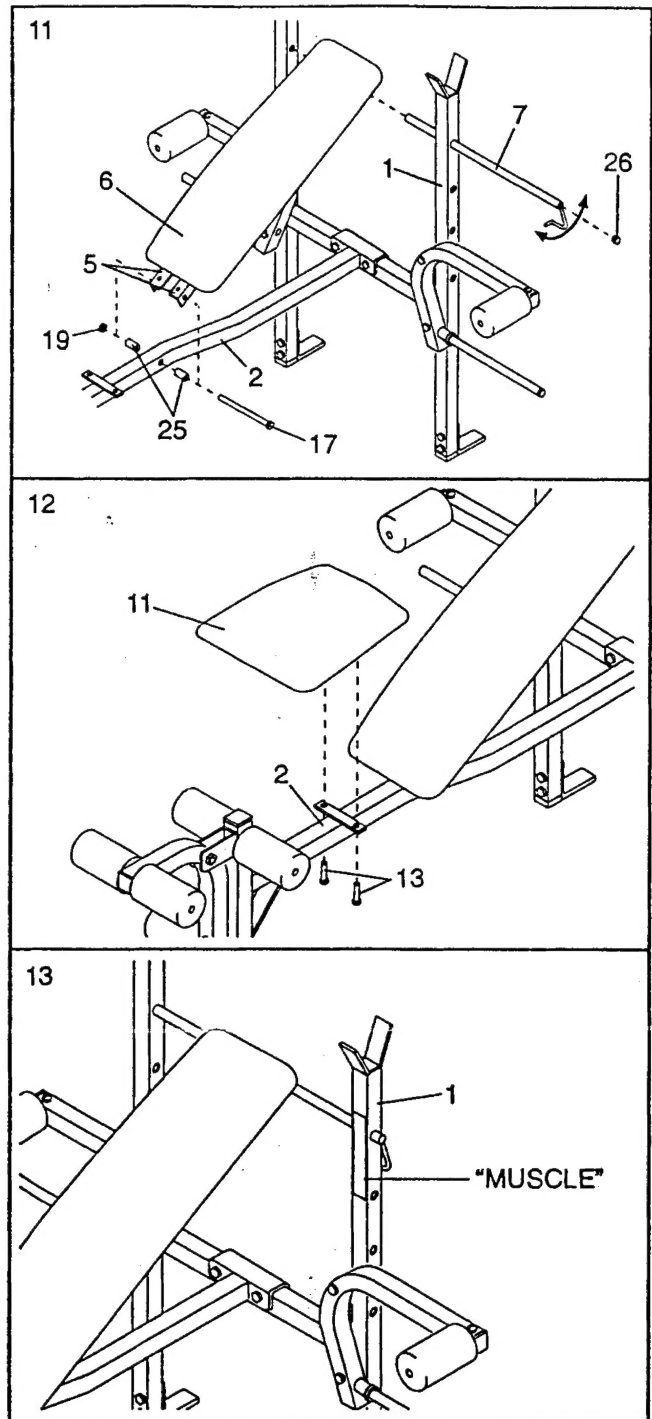


11. Press a 3/4" Round Inner Cap (26) into the indicated end of the Support Rod (7). Insert the Support Rod through one of the four sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame.

Attach the Backrest Brackets (5) to the Frame (2) with the 5/16" x 4" Bolt (17), the two 1/2" x 7/8" Metal Spacers (25), and a 5/16" Nylon Locknut (19). Rest the Backrest (6) on the Support Rod (7).

12. Attach the Seat (11) to the bracket on the Frame (2) with two 1/4" x 1/2" Screws (13).

13. Apply the "MUSCLE" decal to the "H"-Frame (1) in the indicated location.



ADJUSTING THE WEIGHT BENCH

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the exercise information accompanying your weight set (not included) to see the correct form for each exercise.

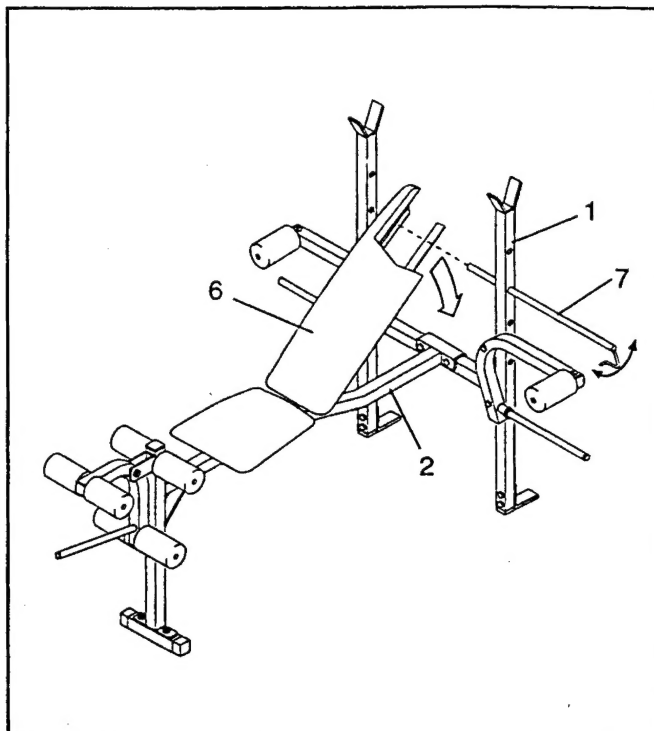
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in either a decline position, a level position, or three inclined positions. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Frame (2).

To use the Backrest in the level position, first lift the Backrest (6). Insert the Support Rod (7) through lowest set of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.

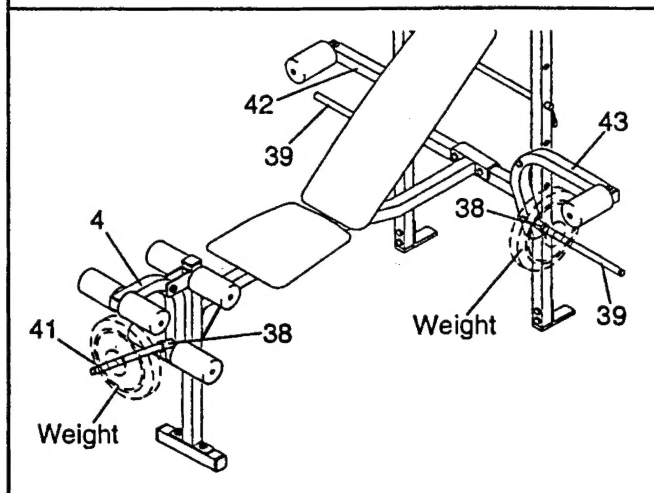
To use the Backrest in an inclined position, first lift the Backrest (6). Insert the Support Rod (7) through one of the upper three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS

To use the Leg Lever (4), first slide a Weight Stop (38) onto the Weight Tube (41). Next, slide the desired weights (not included) onto the Weight Tube. **WARNING: Do not place more than 125 pounds on the Leg Lever.**

To use the Arms (42, 43), first slide a Weight Stop (38) onto each Weight Tube (39). Next, slide the desired weights (not included) onto the Weight Tubes. **WARNING: Do not place more than 30 pounds on each Arm.**



PART LIST—Model No. WEBE13820

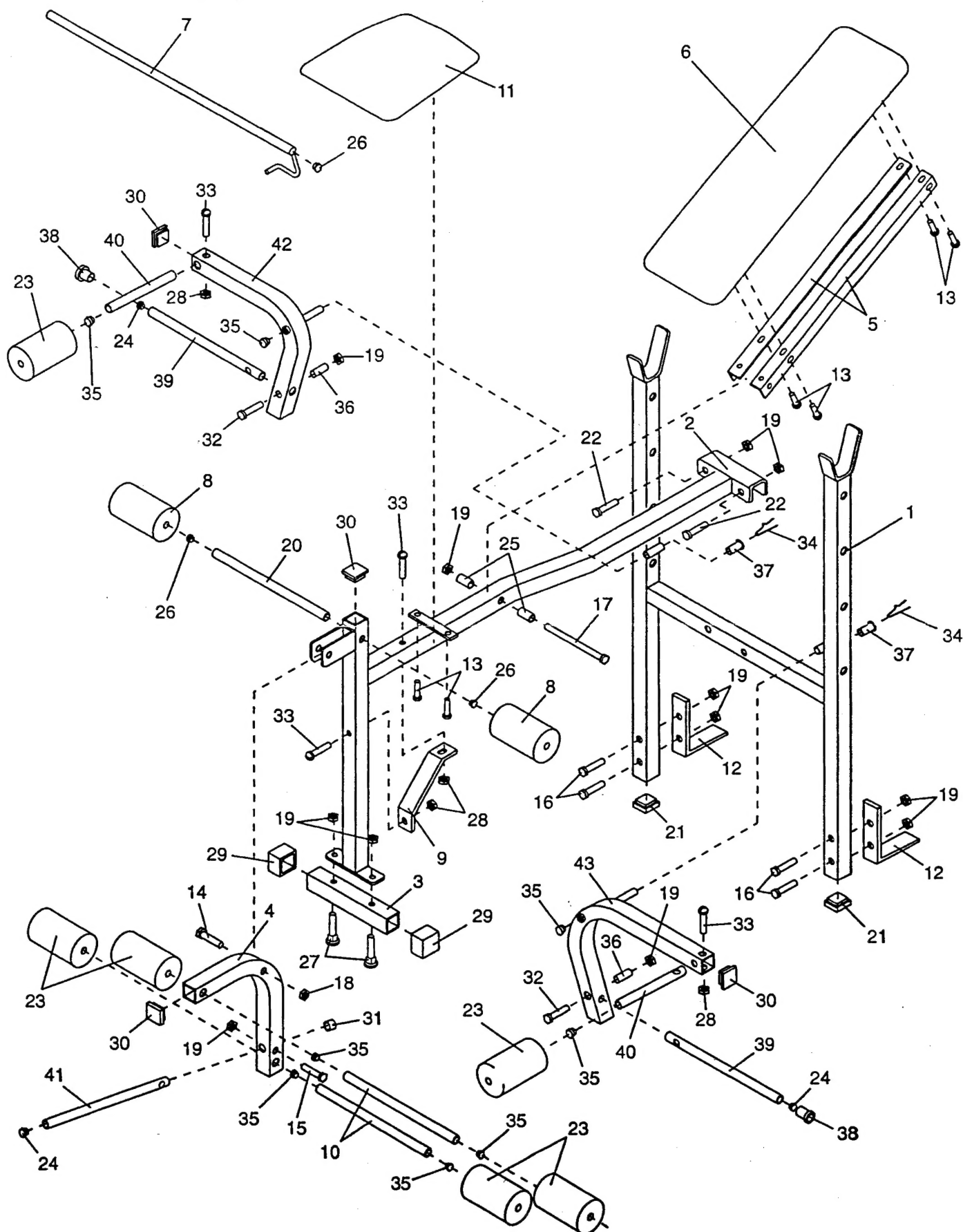
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	24	3	1" Round Inner Cap
2	1	Frame	25	2	1/2" x 7/8" Metal Spacer
3	1	Stabilizer	26	3	3/4" Round Inner Cap
4	1	Leg Lever	27	2	5/16" x 2" Carriage Bolt
5	2	Backrest Bracket	28	4	1/4" Nylon Locknut
6	1	Backrest	29	2	1 1/2" Square Outer Cap
7	1	Support Rod	30	4	1 1/2" Square Inner Cap
8	2	6" Foam Pad	31	1	1" Angled Round Cap
9	1	Angle Bracket	32	2	5/16" x 5" Bolt
10	2	11 1/2" Pad Tube	33	4	1/4" x 2" Screw
11	1	Seat	34	2	Spring Clip
12	2	"L"-Bracket	35	8	7/8" Round Inner Cap
13	6	1/4" x 1/2" Screw	36	2	1/2" x 3" Plastic Spacer
14	1	3/8" x 2 1/2" Bolt	37	2	Flanged Plastic Sleeve
15	1	5/16" x 2" Bolt	38	2	Weight Stop
16	4	5/16" x 2 3/4" Bolt	39	2	11" Weight Tube
17	1	5/16" x 4" Bolt	40	2	9" Pad Tube
18	1	3/8" Nylon Locknut	41	1	13 3/4" Weight Tube
19	12	5/16" Nylon Locknut	42	1	Right Arm
20	1	13 1/4" Pad Tube	43	1	Left Arm
21	2	2" Square Inner Cap	#	1	User's Manual
22	2	5/16" x 2 1/4" Bolt	#	1	"Muscle 136" Decal
23	6	5" Foam Pad			

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEBE13820

R1095A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE13820).
2. The NAME of the product (WEIDER® MUSCLE 1382 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 10 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, for products used for commercial or rental purposes, or for products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813